

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 02044, Basil, fresh

Report Date: October 26, 2015 03:02 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2}	g	92.06	--	1.105	90.45	93.17	1.0	78.025	106.105	2	Analytical or derived from analytical	--	12/2006
Energy	kcal	23	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kJ	94	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein ^{1 2}	g	3.15	--	0.607	2.3	3.76	1.0	-4.566	10.871	2	Analytical or derived from analytical	--	12/2006
Total lipid (fat) ^{1 2}	g	0.64	--	0.030	0.57	0.67	1.0	0.259	1.021	2	Analytical or derived from analytical	--	12/2006
Ash ^{1 2}	g	1.49	--	0.060	1.4	1.7	1.0	0.728	2.252	2	Analytical or derived from analytical	--	12/2006
Carbohydrate, by difference	g	2.65	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Fiber, total dietary ^{1 2}	g	1.6	--	0.195	1.4	2	1.0	-0.833	4.123	2	Analytical or derived from analytical	--	12/2006
Sugars, total ¹	g	0.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Glucose (dextrose) 1	g	0.02	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Fructose 1	g	0.02	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Lactose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Maltose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Galactose 1	g	0.27	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Minerals													
Calcium, Ca 1 2	mg	177	--	23.050	143	200	1.0	-115.928	469.828	2	Analytical or derived from analytical	--	12/2006
Iron, Fe	mg	3.17	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Magnesium, Mg 1 2	mg	64	--	17.150	47	82	1.0	-153.961	281.861	2	Analytical or derived from analytical	--	12/2006
Phosphorus, P 1 2	mg	56	--	12.800	43	72	1.0	-106.439	218.839	2	Analytical or derived from analytical	--	12/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K 1 2	mg	295	--	166.750	128	565	1.0	-1824.01	2413.51	2	Analytical or derived from analytical	--	12/2006
Sodium, Na 2	mg	4	--	--	3	4	--	--	--	1	Analytical or derived from analytical	--	12/2006
Zinc, Zn 1 2	mg	0.81	--	0.039	0.53	1.17	1.0	0.319	1.298	2	Analytical or derived from analytical	--	12/2006
Copper, Cu 1 2	mg	0.385	--	0.095	0.2	0.48	1.0	-0.822	1.592	2	Analytical or derived from analytical	--	12/2006
Manganese, Mn 1 2	mg	1.148	--	0.298	0.85	1.58	1.0	-2.638	4.934	2	Analytical or derived from analytical	--	12/2006
Selenium, Se 1	µg	0.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	18.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Thiamin 1 2	mg	0.034	--	0.007	0.01	0.04	1.0	-0.06	0.127	2	Analytical or derived from analytical	--	12/2006
Riboflavin 1 2	mg	0.076	--	0.003	0.05	0.1	1.0	0.032	0.121	2	Analytical or derived from analytical	--	12/2006
Niacin 1 2	mg	0.902	--	0.023	0.79	1.06	1.0	0.617	1.188	2	Analytical or derived from analytical	--	12/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1 2	mg	0.209	--	0.029	0.18	0.29	1.0	-0.162	0.581	2	Analytical or derived from analytical	--	12/2006
Vitamin B-6 1 2	mg	0.155	--	0.026	0.13	0.18	1.0	-0.175	0.485	2	Analytical or derived from analytical	--	12/2006
Folate, total 1 2	μg	68	--	4.419	57	73	1.0	12.336	124.627	2	Analytical or derived from analytical	--	12/2006
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	68	--	4.419	57	73	1.0	12.336	124.627	2	Analytical or derived from analytical	--	12/2006
Folate, DFE	μg	68	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total 1	mg	11.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Betaine 1	mg	0.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	12/2006
Vitamin A, RAE	μg	264	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta 1 3 4	µg	3142	--	1361.178	350	4,820	2.0	-2714.453	8998.897	3	Analytical or derived from analytical	--	02/2003
Carotene, alpha 4	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Cryptoxanthin, beta 1 4	µg	46	--	43.250	3	89	1.0	-503.793	595.293	2	Analytical or derived from analytical	--	02/2003
Vitamin A, IU	IU	5275	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Lycopene 4	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Lutein + zeaxanthin 1 4	µg	5650	--	1400.000	4,250	7,050	1.0	-12138.687	23438.687	2	Analytical or derived from analytical	--	02/2003
Vitamin E (alpha-tocopherol) 1	mg	0.80	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	12/2006
Tocopherol, beta 1	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Tocopherol, gamma 1	mg	0.16	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ¹	µg	414.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Lipids													
Fatty acids, total saturated	g	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
4:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
6:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
8:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
10:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
12:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
14:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
16:0	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:0	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.088	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
18:1 undifferentiated	g	0.088	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
20:1	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
Fatty acids, total polyunsaturated	g	0.389	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:2 undifferentiated	g	0.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:3 undifferentiated	g	0.316	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:4	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Amino Acids													
Tryptophan	g	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Threonine	g	0.104	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Isoleucine	g	0.104	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Leucine	g	0.191	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Lysine	g	0.110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Methionine	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Cystine	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Phenylalanine	g	0.130	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Tyrosine	g	0.077	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Valine	g	0.127	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.117	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Histidine	g	0.051	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Alanine	g	0.132	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Aspartic acid	g	0.301	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Glutamic acid	g	0.277	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Glycine	g	0.122	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Proline	g	0.104	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Serine	g	0.099	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Flavanones													
Hesperetin ⁵	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin ⁵	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Luteolin ⁵	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Flavonols													
Isorhamnetin ⁵	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Kaempferol ⁵	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Quercetin ⁵	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6h, 2002 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA University of Idaho Contract No. 53-3198-8-29, 1989 Beltsville MD

³A.J. Speek, S. Speek-Saichua, W.H. P. Schreurs Total carotenoid and B-carotene contents of Thai vegetables and the effect of processing., 1988 Food Chemistry 27 pp.245-257

⁴M. Murkovic Development of an Austrian carotenoid database, 2000 Journal of Food Composition and Analysis 13 pp.435-440

⁵Justesen, U., and Knuthsen, P. Composition of flavonoids in fresh herbs and calculation of flavonoid intake by use of herbs in traditional Danish dishes., 2001 Food Chem. 73 pp.245-250